



CULPEPER MINUTES

A Publication of the Culpeper County Board of Supervisors

ISSUE FOURTEEN

WINTER 2003

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This newsletter is a quarterly publication to the citizens of Culpeper County by the Board of Supervisors. It is designed to present and to provide information about issues affecting those who live in Culpeper. Approximately 17,000 copies are distributed, one to each mail address in Town, County, and to each U.S.P.S. Box within the Town and County of Culpeper.

The newsletter is also available online at

www.culpepercounty.gov

Comments and suggestions may be emailed to:

dhoffman@culpepercounty.gov

A Message from the Board of Supervisors

Dear Citizens:

Happy Holidays to all of you. It's hard to believe that 2003 is nearly over. It has certainly been a busy and eventful year. I would like to open this issue of the *Culpeper Minutes* by thanking Carolyn Smith for her outstanding eight years of service on the Board. She has contributed a great deal to our community. Also, I would like to congratulate our in-coming Supervisor, Steve Nixon, on his election to the Board. There have also been some changes to the School Board. I wish to take this opportunity to express our appreciation to Bill Simms, School Board member and former Chairman, and to Monty Saunders for their service in addressing the County's educational needs. The year 2004 will be filled with challenges. It will be an exciting year as we begin to see numerous capital projects take shape, such as the new Emergency Operations Center, the Culpeper Community Complex, and the planning for schools. If you haven't been out to the Airport lately, it is undergoing a major transformation. The runway widening/lengthening and many other associated improvements are nearing completion (excuse the mess).

It is truly an important time in Culpeper. Changes are rapid, but the Board stands ready to plan pro-actively and to manage issues in a fiscally responsible manner. We believe that we can meet the needs of our community without over-taxing you, the citizens. As always, though, we need your help. Please let us know your views, and your ideas. We will listen.

I hope that you have a safe and happy Holiday Season. Please do not hesitate to contact any of the members of the Board of Supervisors. We would be happy to hear from you.

Steven L. Walker, Vice Chairman
East Fairfax

William C. Chase, Jr.
Stevensburg

Sue D. Hansohn
Catalpa

James C. Lee
Cedar Mountain

Brad Rosenberger
Jefferson

Carolyn S. Smith
West Fairfax

Sincerely,

John F. Coates, Chairman
Board of Supervisors
Salem District

Meetings of the Board of Supervisors are held the first Tuesday of each month: at 10 a.m. for general County business and at 7 p.m. for a public forum, planning business and public hearings. Agendas are available prior to the meetings on the County web site at www.culpepercounty.gov and minutes are available following the meetings. Video coverage is provided by Channel 21.

Please phone 540-727-3427 for general County information and business.

Winter Driving Tips

Submitted by: Culpeper County Office of Emergency Services, E. Thomas Williams, Director

To minimize the possibility of breakdown, winterize your vehicle following the suggested maintenance schedule included in the owner’s manual, or have your vehicle serviced by a reputable dealer, garage, or mechanic.

Check your wipers, tires (use snow tires if possible), lights and fluid levels (radiator, windshield washer, power steering, oil and brakes) regularly. Make sure the brakes and transmission are working properly. Lubricate door and trunk locks with lock lubricant to prevent them from freezing.

During a winter storm ask yourself, "Is this trip really necessary?" If you decide the trip cannot be delayed, check on weather conditions along your travel route. Listen to weather forecasts on TV, local radio stations, or NOAA Weather Radio. Call to get current road conditions for Virginia's interstate and freeway systems. Information is updated every two hours during a storm. Tell someone at home (a friend, relative, or co-worker) that you are taking a trip, where you are going, the routes you will travel and when you expect to arrive. When you reach your destination, make a call to report that you have arrived.

Before you leave town, fill your gas tank. While traveling, frequently re-fill the gas tank. The stops will relieve tense muscles. When you stop, don't flaunt large amounts of cash. Keep valuable items out of sight. Avoid talking with strangers. Stop at well-lighted, well-traveled facilities.

If your vehicle breaks down, pull as far off the road as possible. Your greatest personal danger at this point is that of being hit by passing cars. Don't panic. Use common sense!

Do not leave without a Winter Travel Survival Kit.

When Caught in a Winter Storm

Avoid overexertion, such as shoveling heavy snow, pushing a car, or walking in deep snow. The strain from the cold and the hard labor could cause a heart attack. Sweating could lead to a chill and even hypothermia.

Outside:

- Seek shelter to stay dry.
- Cover all exposed parts of the body.
- If no shelter is nearby, prepare a lean-to, wind-break, or snow cave for protection from the wind. Build a fire for heat and to attract attention.
- Do not eat snow as it will lower your body temperature. Melt it first.

In a Vehicle:

- If you have a cellular phone, call for help.
- Stay in your vehicle. Disorientation occurs quickly in wind-driven snow and cold.
- Run the engine (after making sure the exhaust pipe is not blocked and opening windows a little for fresh air to avoid carbon monoxide poisoning) about ten minutes each hour for heat.

- Make yourself visible to rescuers. Turn on the dome light at night when running engine. Tie a colored cloth (preferably red) to your antenna or door. Raise the hood indicating trouble after snow stops falling.
- Exercise from time to time by vigorously moving arms, legs, fingers, and toes to keep blood circulating and to keep warm.

At Home or in a Building:

- Stay indoors. When using alternative heat from a fire-place, wood stove, space heater, etc. use safeguards and ensure proper ventilation.
- If you have no heat, close off unneeded rooms and place towels or rags under the doors. Cover windows at night.
- Eat to supply heat, and drink to avoid dehydration.
- Wear layers of loose-fitting, light-weight, warm clothing. Remove layers to avoid overheating, perspiration and subsequent chill.

Winter Travel Survival Kit

Keep the following items in your car during the winter. Make sure you do not leave without them.

- blankets/sleeping bags
- high-calorie, non-perishable food
- flashlight with extra batteries
- first aid kit
- knife
- extra clothing to keep dry
- a large empty can and plastic cover with tissues and paper towels for sanitary purposes
- a smaller can and water-proof matches to melt snow for drinking water;
- bag of sand (or cat litter)
- shovel
- windshield scraper and brush
- tool kit
- tow rope
- booster cables
- water container
- compass
- road maps

Winter Vehicle Operation

Winter driving is often the most difficult due to blowing snow, icy slick spots and fewer daylight hours. When you are on the road:

- Buckle your seat belts!
- Be prepared to turn back and seek shelter if conditions become threatening.

Continued on page 3...

Please make every effort to give the right of way to public safety vehicles.

Winter Driving Tips *(continued from page 2)*

- In fog, drive with your headlights set on dim, or use fog lights. If the fog is too dense, pull off the roadway and stop. Do not drive at five or ten miles per hour.
- In rain, fog, snow, or sleet, do not overdrive your headlights. Stay within the limits of your vision.
- Keep your windows clear of snow and ice. Do not start until your windshield is defrosted.
- Drive slower and increase your following distance. Your speed should be adjusted for the conditions and match the flow of traffic.
- Roadway conditions may vary depending on the sun, shade, or roadway surface. Watch for slick spots especially under bridges, on overpasses and in shaded spots. Be prepared to react physically and mentally.
- If the pavement is snow or ice covered, start slowly and brake gently. Begin braking early when you come to an intersection. If you start to slide, ease off the gas pedal or brakes. Steer into the direction of the skid until you feel you have regained traction then straighten your vehicle.
- When a snow plow is coming towards you, allow plenty of room for the plow to pass. When the center line is being cleared and salted the plow tip may be on or over the line. Snow plows are big, heavy pieces of equipment. So play it safe, give them room to pass.
- When you approach a snow plow from behind, pass with care and only when you can see the road ahead of the plow. You should not try to pass in blowing snow, there may be a vehicle in that cloud of snow. Allow more distance between you and the plow, they may be spreading salt.
- Be alert when you approach a cloud of snow which covers the road, especially on passing lanes of interstates or freeways. A snow plow may be at work clearing the lane or preparing to turn around.
- Be careful after a minor rear end accident. If you are bumped from behind and you do not feel comfortable exiting your vehicle, motion the other driver and drive to the nearest police station, 24-hour store, service station, hospital, or fire station.

Please make every effort to give the right of way to public safety vehicles.

*For additional winter preparedness information contact the
Culpeper County Office of Emergency Services at 540-727-3411*

Preliminary Schedule for FY 2004/05 Operating Budget Planning

November 3, 2003 – County Administrator issues budget call and distributes instructions.

First Week of December – If necessary, training for departments on entering budgets into the AS400.

December 15th – Departments submit estimates of operating expenditures (and revenue as applicable) to Finance Director.

End of December to Last Week of January – Estimates are consolidated and entered into system for review by County Administrator.

January 15, 2004 – Budget control number due to School Board from County.

February 16, 2004 – Budget due to County from School Board.

February 20, 2004 – County Administrator conducts executive reviews of estimates with Department Directors and Constitutional Officers.

Second Week of February – Finance Director finalizes “balancing” the budget.

Third Week of February - Departments are notified of Administrator’s recommendations.

Last Part of February – Proposed operating budget is prepared and printed.

March 2, 2004 – County Administrator officially submits the proposed budget to the Board of Supervisors for legislative reviews (Regular BOS meeting day).

March 8th, 9th, 10th – 2 x 2 meetings with Supervisors, County Administrator and Finance Director (2:00 p.m. – 6:00 p.m.).

March 16th – Board of Supervisors Work Session, Internal Departments, 1:00 p.m. – 5:00 p.m.

March 23rd - Board of Supervisors Work Session, School Board, other outside agencies, 7:00 p.m.

April 6, 2004 – County Administrator presents to the Board of Supervisors request for advertisement of budget synopsis, as proposed, and a public hearing (10:00 a.m.).

April 8, 2004 - Board of Supervisors Work Session (if needed).

April 13, 2004 – Board of Supervisors conducts a public hearing on the proposed budget (7:00 p.m.).

April 27, 2004– Board of Supervisors adopts approved budget (Operating Annual Fiscal Plan) for next fiscal year and sets tax levies for Calendar Year (10:00 a.m.).

May 4, 2004 – Board of Supervisors approves appropriations for FY2004-05(7:00 p.m.).

Culpeper County Board of Supervisors

To contact your Supervisor, you may email: supervisors@culpepercounty.gov or call the County Administration Office at 727-3427, or call directly as follows:

Chair
John F. Coates
547-2619
Salem District

Vice Chair
Steven L. Walker
825-7716
East Fairfax District

William C. Chase, Jr.
399-1218
Stevensburg District

Sue D. Hansohn
825-1893
Catalpa District

James C. Lee
825-0775
Cedar Mountain District

Brad C. Rosenberger
937-4928
Jefferson District

Carolyn S. Smith
825-6295
West Fairfax District

The Board meets the 1st Tuesday of each month 10 a.m.
General County Business 7 p.m.
Public Forum
Planning Business
Public Hearings

Agendas are available prior to Board Meetings on the County Web site at www.culpepercounty.gov and in the Culpeper County Library

Culpeper County Parks and Recreation 2003 Fall Schedule

ATHLETICS

Culpeper SOLE Runners

<Winter Training>

Meet new friends and put some **SOLE** between yourself and the road. The Culpeper Running Club allows beginners and advanced runners to train in a social setting. For more information stop by or register by mail. Come out and train with us.
Running Coordinator: Glenn Carpenter
Location: Ask upon registration (Rotating)
Fee: \$20 per person

Adult Volleyball

Come on out and join the fun! It is time to increase your fitness and meet new people. Let's play some VOLLEYBALL!
Sundays, January 11th – March 14th
7:00 p.m. – 9:00 p.m.
Lead Volunteer: Kevin Mozingo
Location: Culpeper High School Gymnasium
Fee: \$40 per person

Adult Basketball

Ages 18 and up are invited to participate in this weekly pick-up style gathering. It is a lot of fun and a variety of competition. Please bring proof of age (ID) with you when you register. There will be two flights of the adult basketball this year to increase the competition level. Only **pre – registered** players will be permitted to play.
Tuesdays Jan. 20th – Mar. 9th
Flight I: Age 18 – 24 will meet from 7:00 p.m. – 8:00 p.m.
Flight II: Age 25 and up will meet from 8:00 p.m. – 9:00 p.m.
Location: Culpeper Middle School Gymnasium
Lead Volunteer: Quintin Noakes
Fee: \$35 per person

Family Tae Kwon Do Levels I & II

Tae Kwon Do is the ageless Korean martial art that offers **Fitness, Self-Defense** and **Self-Confidence** to every member of the family, from school age to the eldest. This is a “beginners” class offered as introduction to “*The Way of the Hand and Foot.*” Each class member progresses at his/her own rate. Tae Kwon Do focuses on personal development of mind and body. To say that it is **just** self-defense would be to lose most of the valuable ideals and philosophy behind this ancient art. Personal development has never been so much fun!
Tuesdays and Thursdays
Jan. 27th & 29th – Mar. 16th & 18th
6:00 p.m. – 7:00 p.m.
Instructor: American Taekwondo Association
Location: G. W. Carver-Piedmont Education Center
Fee: \$65.00 per person

Youth Soccer Skills

Learn the fundamentals of the “world’s” most popular game. Enjoy dribbling, kicking, passing, and so much more. All skills will be brought into a game environment at the end of the training session.
Thursdays, Jan. 29th – Mar. 4th
7:30 p.m. – 9:30 p.m.
Instructor: Judy Watson
Location: Floyd T. Binns Middle School
Fee: \$30 per person

SPECIALIZED CLASSES

American Heart Association CPR (Infant/Child)

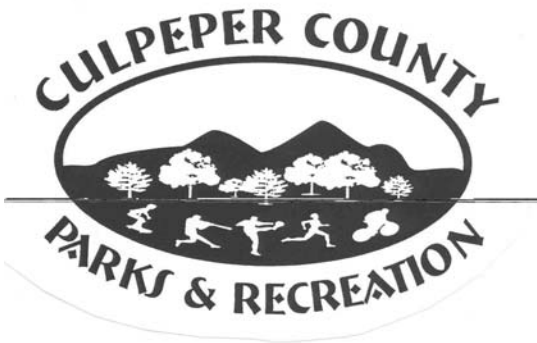
Class focuses on chain of survival, choking and prevention of accidents.
Saturday, Feb. 28th
1:00 p.m. – 5:00 p.m.
Instructor: Verna Mae Bretschneider
Location: 303 N. Main Street, 2nd Floor
Fee: \$25 per person
Note: Book and Certification Card Included

American Heart Association CPR (Adult)

Class focuses on chain of survival, choking, and symptoms of a heart attack. Perform the actual skills of CPR.
Sunday, Feb. 22nd
2:00 p.m. – 6:00 p.m.
Instructor: Verna Mae Bretschneider
Location: 303 N. Main Street, 2nd Floor
Fee: \$25 per person
Note: Book and Certification Card Included

American Safety Health Institute (ASHI) First Aid and Safety

Topics to be discussed are heart attack, stroke, diabetes, seizures, severe bleeding and more. Practical experience will include splinting, bandaging, choking recovery and more.
Sunday, Mar. 7th
1:30 p.m. – 6:00 p.m.
Instructor: Verna Mae Bretschneider
Location: 303 N. Main Street, 2nd Floor
Fee: \$25 per person
Note: Book and Certification Card Included



TECHNOLOGY

Web Design

Start adding your piece to the virtual book called the World Wide Web. This class will teach you the basics from scratch to finish about how to design and post a web page. Minimal computer experience is required.
Wednesdays, Jan. 21st – Feb. 11th
6:00 p.m. – 7:30 p.m.
Instructor: Janice Estep
Location: G.W. Carver-Piedmont Education Center
Fee: \$30 per person

Digital Photography

This new age class focuses on the use and functions of a digital camera. The various types of equipment on the market will be discussed, and you will learn what type of equipment will fit your photographic needs.
Mondays, Jan. 12th – Feb. 16th
6:30 p.m. – 8:15 p.m.
Instructor: Brian Ashdown
Location: G.W. Carver Piedmont-Education Center
Fee: \$35 per person
Special Note: If you have your own digital camera, feel free to bring it, although it is not a requirement.

Advanced Digital Photography

This in-depth look at the subtle workings of a digital camera and its functions are what you need to take your photography into a new era. Learn more about using a digital camera in a photographic environment, so you can digitally master your best work.
Mondays, Jan. 12th – Feb. 16th
8:30 p.m. – 9:45 p.m.
Instructor: Brian Ashdown
Location: G.W. Carver Piedmont-Education Center
Fee: \$35 per person
Special Note: If you have your own digital camera and/or laptop, feel free to bring it, although it is not a requirement.

Contact Parks and Recreation at 540-727-3412

MUSIC

Beginning Guitar

Learn how to jam along with your favorite tunes by developing skills in chord patterns, strumming techniques, music theory and more. This class is for beginners with little to no experience. If you have participated in this class before, call and place your name on the advance list for the winter session. Tuesdays, Jan. 20th – Mar. 2nd 6:30 p.m. – 8:30 p.m.
Instructor: **Darcy Canton**
Location: Sycamore Park Elementary
Fee: \$50 per person, own guitar is required!!!

Basic Voice Theory & Picking Techniques

An evolution from beginning guitar, this class will introduce various methods of picking patterns to enhance the playing of the modern guitar. In addition basic voice theory will be taught to provide a practiced student the ability to sing and play at a higher level. Wednesdays, Jan. 21st – Feb. 25th 6:30 p.m. – 8:30 p.m.
Instructor: **Thom Shotwell**
Location: Sycamore Park Elementary
Fee: \$45 per person, own guitar is required!!!

Beginning Bass Guitar

Lay down the rhythm for the rest of the band to feed off: learn the bass guitar. This class is a basic introductory course in bass playing. In addition to jamming you will acquire skills in music reading and theory. Class will cover styles such as Country, Bluegrass, Rock – n – Roll, Blues, Jazz...etc. Thursdays, Jan. 22nd – Mar. 11th 6:00 p.m. – 8:00 p.m.
Instructor: **Greg Harpine**
Location: Sycamore Park Elementary
Fee: \$51 per person

DANCE

Swing Dance

Does the music of the big band era get your feet stomping and your head bobbing? We have just the thing for you! This class will teach you the popular styles of the big band dance era. Come alone or bring a friend or a family member. It promises to be fun! Wednesdays, Jan. 14th – Mar. 3rd 7:00 p.m. – 8:00 p.m.
Instructor: **John Gentile**
Location: 303 N. Main Street, 2nd Floor
Fee: \$40 per person (10% discount offered to pairs)

Country Western Dancing

Have you always wanted to learn how to do the country two-step and country waltz? Come out and try the fun filled class of country specialty dances. Wednesdays, Jan. 14th – Mar. 3rd 9:00 p.m. – 10:00 p.m.
Instructor: **John Gentile**
Location: 303 N. Main Street, 2nd Floor
Fee: \$40 per person (10% discount offered to pairs)

Ballroom Dance

Have you always wanted to learn how to dance? This class will teach you a number of the elegant dance steps seen in many of the worlds’ finest ballrooms. Try the Waltz, Cha-cha, Rhumba and Fox Trot, along with many others. Wednesdays, Jan. 14th – Mar. 3rd 8:00 p.m. – 9:00 p.m.
Instructor: **John Gentile**
Location: 303 N. Main Street, 2nd Floor
Fee: \$40 per person (10% discount offered to pairs)

Ballet, Tap, & Jazz

Join our dance classes and be a part of our spring recital. Classes are available for ages 4 and up, with different skill levels available. The forms of dance taught are determined by the skill levels of each class. Scheduling of classes is Monday, Wednesday, Friday, and Saturday with different times for each class. Classes are held on a weekly basis, and fees are collected monthly. The ranges of fees is \$30 - \$40 a month per class. Further information will be provided by the instructor.

CLASSES BEGIN THE WEEK OF SEPTEMBER 3, 2003

- AGES 4 – 5 BALLET AND TAP:** Class will meet every Friday from 5:30 – 6:30 p.m. \$30 per month
- AGES 6 – 8 BALLET AND TAP:** Geared towards the beginner or intermediate student. Class will meet every Friday from 6:30 – 7:45 p.m. \$35 per month
- AGES 9 – 11 BEGINNER BALLET, JAZZ AND TAP:** Class will meet every Wednesday from 5:30 – 6:45 p.m. \$35 per month
- AGES 9 – 11 INTERMEDIATE TO ADVANCED BALLET, JAZZ AND TAP:** Class will meet every Monday from 5:30 – 7:00 p.m. **At least two years prior dance instruction is necessary for this class.** \$40 per month
- AGES 12 AND OLDER: BEGINNER BALLET, JAZZ AND TAP:** Class will meet every Monday from 7:00 – 8:30 p.m. \$40 per month.
- AGES 12 AND OLDER INTERMEDIATE/ADVANCED BALLET, JAZZ AND TAP:** Class will meet every Saturday from 11:00 am. -12:30 p.m. **At least two years prior dance instruction is necessary for this class.** \$40 per month
Instructor: **Lorrie Kilby**
Location: 303 N. Main St., 2nd floor.

AGES AND STAGES

Tot Time

Time to get your child involved with others in a social atmosphere. Sign your child up to participate in a wide variety of activities that will allow them to increase their social and play skills. Parents, stay, meet new friends and enjoy a playful atmosphere. Ages 2 – 4. Mondays and Wednesdays Jan 26th & 28th – Mar 8th & 10th 10:00 a.m. – 11:00 a.m.
Instructor: Dr. Harnum (a.k.a. Lisa Lenig)
Location: Hazel River Armory, E. Davis St.
Fee: \$30 per person

Positive Parenting

Learn to enjoy your child more by learning effective parenting skills. A question and answer group led by Dr. Harnum. Topics will address a variety of issues that occur in different social settings. Class participation is greatly encouraged. Childcare will be provided during these sessions. Mondays and Wednesdays Jan. 26th & 28th – Mar. 8th & 10th 11 a.m. – 12 p.m.
Instructor: Dr. Harnum (a.k.a. Lisa Lenig)
Location: Hazel River Armory, E. Davis St.
Fee: \$35 per person.

Golden Harmony: Senior Exercise Club

A fun workout program that will get your blood flowing and muscles working! Program uses light weights, chair exercises, hand movements and low-impact aerobics for those at the young age of 55 and up. Class is ongoing through May Mondays and Thursdays, Sept. 8th – May 29th 10:30 a.m. – 11:30 a.m.
Instructor: Maggie Corradi
Location: 303 N. Main Street, 2nd Floor
Fee: \$4 per person/class

Seated Fitness

This is a gentle workout that incorporates cardiovascular strength, muscular strength, range of motion, and flexibility while seated in a chair. Please bring your own water and towel. These aerobic movements are geared towards those 50 years and older. Wednesday, Jan. 21st – Feb. 25th 2:00 p.m. – 3:00 p.m.
Instructor: **Sharon Steele**
Location: Culpeper County Library (Large Meeting Room)
Fee: \$15 per person

Contact Parks and Recreation at 540-727-3412
www.culpepercounty.gov

Culpeper County Parks and Recreation Fall Schedule (continued)

ARTS & CRAFTS

Oil Painting

Learn the basics of painting from how to prepare a canvas to composition, color mixing and completion of desired imagery. Classes are taught in oils but those already working in acrylics may bring them. Minimal-shared paint set provided, but personal materials are preferred for your own intent and development. Age not important, but serious interest is.

Tuesdays, Jan. 20th – Mar. 9th
6:30 p.m. – 8:30 p.m.

Instructor: **Linda Ramer**

Location: G.W. Carver Piedmont-Education Center

Fee: \$55 per person

Drawing

Ever have an image in your mind that needs to be displayed? Want to learn the basics of capturing images, contouring, shading, and movement sketching? If so then this class is for you. The last two classes will combine the above skills to develop a finished life portrait or composition. Sketch loose, live free.

Thursdays, Jan. 22nd – Feb. 26th
7:00 p.m. – 8:00 p.m.

Instructor: **Linda Ramer**

Location: G.W. Carver Piedmont-Education Center

Fee: \$40 per person

Watercolor Painting

This watercolor class is for beginners and those who want to brush up on the finer points of painting. You will learn what to use and how to use it from an instructor with over 30 years of exhibiting and 3 years of teaching experience. This is the class that will provide you with years of joy and creativity.

Wednesdays, Jan. 14th – Feb. 18th
1:00 p.m. – 4:00 p.m.

Instructor: **Millie Allen Lane**

Location: 303 N. Main St., 2nd floor.

Fee: \$100 per person

*Materials not included.

Vest Design

Use the skills you developed in quilting class to create your very own vest made out of the materials used in quilting. This is a fun and energizing class that will test your skills and increase your creativity.

Wednesday, Jan. 28th – Mar. 3rd
6:00 p.m. - 8:00 p.m.

Instructor: **Joyce Calhoun**

Location: G. W. Carver Piedmont-Education Center

Fee: \$35 per person

FOUR-FOOTED FRIENDS

White Buffalo Farm:
Horse Winter Survival & Training

General horse health concerns and training methods will be explored with emphasis on maintenance and preventive care, especially for the winter months.

Subjects covered: How to organize a health care record book
 Immunizations
 How & when to de-worm your horse
 Study the life cycle of worm parasites
 Teeth & dental care
 The most common horse diseases, treatment, & prevention.

Sundays, Jan. 18th – Feb. 15th
1:00 p.m. – 2:00 p.m.

Instructor: **Judy Watson**

Location: White Buffalo Farm

Fee: \$70 per person

Dog Obedience

Do you have a new puppy that is in need of some manner training?

What about an older dog that could use a refresher course?

We offer two different classes for all of your doggy needs.

- A. Puppy Basic – This class teaches basic commands, socialization and dog attention. Recommended for puppies.
Tuesdays, Jan. 20th – Mar. 9th 10:00 a.m. – 11:00 a.m.
Tuesday Nights, Jan. 20th – Mar. 9th 6:30 – 7:30 p.m.
- B. K-9 Good Citizen – This class will give you 10 steps to help your dog gain confidence and control.
Tuesdays, Jan. 20th – Mar. 9th 11:00 a.m. – noon
Tuesday Nights, Jan. 20th – Mar. 9th 7:30 p.m. – 8:30 p.m.

Instructor: **Betty Ann Howell**

Location: 303 N. Main Street, 2nd Floor

Fee: \$75 per dog participant

Beginner Fly-Tying

Learn the art of fly-tying to become master of the lake and stream. Beginner fly-tying will teach you how to create life-like reproductions of insects, minnows, crustaceans, and attractor patterns along with the tools to create them. All flies are for the fish local to the Blue Ridge and Piedmont area. Instructor has over 25 years of experience in the fly-tying field.

Tuesdays, January 13th – March 2nd
7:00 p.m. – 9:00 p.m.

Instructor: **Bud Brune**

Location: Culpeper Middle School (Meet in cafeteria)

Fee: \$60 per person

*Special note – There is an additional fee of \$20 dollars for materials that will be provided by local fly shops.

Culpeper County Parks and Recreation fall Schedule (continued)

PUREFITNESS

PUREFITNESS: Aerobics / Step Class

The PUREFITNESS Aerobics / Step Class consists of three different workouts. Each class works a different muscle group and increases confidence every step of the way. The different workouts are listed below. Day Care is provided!

Lo N’ Lean: A low impact, high intensity workout for all populations, especially beginners to exercise. Cardio, strength, flexibility and stretching complete this incredible yet relaxing workout. *(Mondays)*

Interval / Weighted Step: This workout combines intervals of Step with light hand-held weights and strength training in intervals using Dynabands, Theratubes, and weighted bars. ALL LEVELS *(Wednesdays)*

Total Body Conditioning: Re-contour your body through muscle strengthening and shaping resistance exercises using hand weights, tubing, Body Bars, Exerballs and Dynabands. Improve muscular endurance; correct body alignment and help prevent injury. ALL LEVELS *(Fridays)*
Continuing Enrollment: M, W, F
Jan. 12th – Mar. 19th 9:00 a.m. – 10:00 a.m.

Instructor: Leslie Maryk
Location: PUREFITNESS: 509 S. Main St. Suite 131
Fee: \$30 month for 3 classes per week *(paid through Parks and Recreation)*
Daycare: \$2 per hour / per child, *(to be paid at PUREFITNESS)*

Purefitness Yoga

This class is perfect for those who are looking to increase muscular strength, endurance, flexibility, balance, and coordination. Ashtanga, Inyengar, and Anusara postures are taught in a simple yet invigorating style to unleash the athlete inside of you. The class also focuses on postures that decrease risk of injury and improve athletic performance for all sports. INTERMEDIATE LEVELS
Wednesdays, Jan. 14th – Feb. 18th 6:40 p.m. – 7:45 p.m.
Instructor: Purefitness Staff
Location: PUREFITNESS: 509 S. Main St. Suite 131
Fee: \$75 per person (if you sign up for **Gentle YOGAFIT™** also)
\$50 per person (for **Purefitness Yoga** only)
When registering, please indicate on registration form if you are signing up for 1 class per week or two classes per week. Note the price difference above.

Purefitness Gentle YOGAFIT™

An energizing yet relaxing class for those who wish to increase flexibility and range of motion. Hatha and Anusara postures are linked together in a flowing sequence to increase mental clarity, decrease stress, and rejuvenate the body and mind. ALL LEVELS
Mondays, Jan. 12th – Feb. 16th 6:40 p.m. – 7:45 p.m.
Instructor: Purefitness Staff
Location: PUREFITNESS: 509 S. Main St. Suite 131
Fee: \$75 per person (if you sign up for **Purefitness Yoga** also)
\$50 per person (for **Gentle YOGAFIT™** only)
When registering, please indicate on registration form if you are signing up for 1 class per week or two classes per week. Note the price difference above.

Purefitness Pilates

A unique method of body conditioning, which strengthens and tones muscles, improves posture, provides flexibility and balance, and creates a more streamlined shape. Instructor utilizes PowerRings, Flexaballs, and bands during classes. ALL LEVELS
Tuesdays & Thursdays, Jan. 13th & 15th – Feb. 17th & 19th
10:15 a.m. – 11:00 a.m.
Instructor: Purefitness Staff
Location: PUREFITNESS: 509 S. Main St. Suite 131
Fee: \$75 per person

Answers to Frequently Asked Questions.....

Department and Class Closings....

The Parks and Recreation Department will be closed on all County holidays. Classes are cancelled for inclement weather if the school decides to close for inclement weather. The Parks and Recreation Department reserves the right to close a class at any time for any reason.

Registration Policy...

Registration for all of our recreation activities can be done at the Department’s Main Office, located at 155 W. Davis St., Suite 100. You can also mail in the registration form located in the *Culpeper Minutes* along with your payment. All registered participants will be notified and given a complete refund if the program is cancelled. No phone registration will be accepted. Pre-registration is suggested, as all of our classes are limited in size. We accept cash and checks made out to Culpeper County Parks and Recreation. At this time we do not accept credit cards for payment.

What!?! The class is cancelled.

Sorry, but sometimes excellent courses with awesome instructors are cancelled, if everyone waits until the last minute to register. We make a decision approximately 4 days prior to a course start date to allow for proper preparations. Minimum class numbers must be registered at that time to avoid cancellation. Please register early to avoid disappointment for yourself, others, and the instructor.

Oops!!!

The Culpeper County Parks and Recreation Department staff has made every effort to prepare this section of the *Culpeper Minutes* as accurately as possible; however, errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. The Culpeper County Parks and Recreation Department reserves the right to make any such adjustments. The Parks and Recreation Department apologizes for any inconvenience these errors or adjustments may cause.

Contact Parks and Recreation at
540-727-3412
www.culpepercounty.gov

Culpeper County Parks and Recreation (continued)

Ping – Pong Socials

Come together and enjoy social evenings of cheering and competition over a few games of pong. Pre-registration is required and space is limited so sign – up now. A few paddles and balls will be provided, but if you have your own lucky striker, it will be allowed.

Wednesdays, Jan. 21st – Mar. 10th

7:00 p.m. – 8:30 p.m.

Instructor: **Wayne Brown**

Location: G.W. Carver Piedmont-Education Center

Fee: \$20 per person

Snowshoe Mountain Tickets

The Culpeper County Parks and Recreation Dept. is selling skiing vouchers all season for **Snowshoe Mountain**.

We have Midweek, Weekend, Senior, Junior, and Adult Tickets available.

Prices vary depending upon time and season; ski packages are, on average, **\$10** off the gate price.

Tickets are sold at the Parks and Recreation Main Office.

Mon. – Fri., All Ski Season, while Supplies last.

8:00 a.m. – 4:30 p.m.

155 W. Davis St.

Culpeper Parks and Recreation: Teen Sports Camp is Ready to Roll in 2004

Help prevent your teenager from wearing an increasingly large dent in the family couch this summer! Do you know a teenager who enjoys sports and craves adventure?

Only you can prevent teenage angst this summer.

Sure, that’s a stretch, but hear us out.

For a second straight year Culpeper County Parks and Recreation will offer its Summer Sports Camp, an eight-week program that focuses on fun, leadership, sports and adventure.

Every week participants will learn the fundamentals of a sport and play it, experience nature, socialize with other teens and build leadership skills.

Each of the eight weeks will have a unique theme and schedule developed by guest coaches and an experienced staff to maximize the fun.

Weekly programs will include old standards like soccer, basketball and football along with more unconventional individual sports.

“I want to bring an extreme sports component to this summer’s camp to capitalize on the popularity of growing sports like skateboarding and biking. I also want to introduce a wide range of sports from across the globe,” said Marshall Conner, the camp’s activity director. “Aside from the sports we will also bring back three popular weeks that focus on military service, martial arts and outdoor pursuits such as hiking and fishing.”

In addition to regular weekly swimming trips the camp will offer a great line-up of field trips that include trips to professional sporting events, Splashdown water park, Quantico Marine Base, the International Spy Museum, Baltimore’s Inner Harbor, Van’s skate park, fishing trips and much more depending on enrollment numbers.

Cool down periods between sports and activities will include games, snacks, music and movies in an air-conditioned environment.

The camp will run from June 21-August 13 from 7 a.m. to 5 p.m. daily, and it will

be based at a centrally located public school facility within the Town of Culpeper.

The first full-time registration will be held on March 18th at 155 West Davis Street, Suite 100 next to the Culpeper Volunteer Fire Department. The initial sign-up will run from 5 p.m.- 8 p.m. at the Parks and Recreation Office and continue on as school prepares to conclude in the spring.

“We’re looking for teens who want to play hard and have fun,” added Conner. “Couch dwellers need not apply, unless they have an epic personality. We don’t care if you’re a super athlete or not, just that you do your best.”

Don’t miss the fun this summer.

For more information look for our upcoming ads in the media or give us a call at (540) 727-3412.

Drop the bucket of Cheetos and grab some sunscreen, tighten up your sneakers, don the shades and pick out a new swimming suit... summer fun is just around the corner.

Call Parks and Recreation 540-727-3412 www.culpepercounty.gov

Culpeper Parks and Recreation Program Registration

How to Register

By Mail

- Complete a registration form and mail with payment to Culpeper County Parks and Recreation, 155 W. Davis Street, Suite 100, Culpeper, Virginia 22701. Please include a self-addressed, stamped envelope if **you require** registration confirmation.

Walk-In

- Registration will be accepted at the Parks and Recreation Office, at 155 W. Davis St. Suite 100 from 8:00 a.m. to 4:30 p.m., Monday through Friday (except holidays).

Additional Registration and Program Information

Registrations:

- Registrations are welcome upon distribution of class information.
- Walk-in registrants will be given priority over mail-in registrants.
- Telephone registrations will *not* be accepted.

Refunds:

- A pro-rated refund (less \$3 processing fee) will be issued if Parks and Recreation Department has been notified by the first class date.
- Refunds for one-day activities and all bus/van trips are not possible during or after the event. Full bus trip refunds are given if substitute(s) can be found before the trip date.

Cancellation Policies:

- The Parks and Recreation Department reserves the right to cancel activities for any reason. Full refunds are given for any canceled programs.
- The Parks and Recreation Department programs will be canceled when Culpeper County Public schools cancel or close early, for inclement weather, natural disasters or other occurrences.
- Please listen to the following radio stations for closing announcements: WC103FM, WCVA, 92.5 AM, WGRQ, 95.9 FM and WGRX, 104.5 FM.

Parks & Recreation Registration Form

Name _____ DOB _____

Address _____

Home Phone _____ Work Phone _____

Emergency Contact _____ Phone _____

Program Name _____ Day _____ Time _____ Cost _____

Amount Paid _____ Cash _____

Balance Due _____ Check _____

Date Paid _____

Assumption of Risk and Release: In agreeing to participate in the program, as an adult participant or as a parent or a guardian of a participant, I and/or the participant do hereby affirm that the general health of participant is good, and that the participant is not adversely affected by exercise, and that the participant is capable of performing an activity of this nature.

In consideration of participating in this activity, I and/or the participant do hereby assume all risk of any injury to the participant and will indemnify and hold harmless, from any and all liability, action, cause of action, claims, and demands of every kind or nature whatsoever that I and/or the participant have or which arise from or in connection with my participation in this activity, the County of Culpeper, Virginia, the County Board of Supervisors, the Culpeper County Department of Parks and Recreation, the Culpeper County School Board, the Town of Culpeper, and all their officers, agents, employees, staff, volunteers and successors.

It is likewise assumed and agreed that the participant will, at their own expense, wear the proper clothing and protective equipment during the activity, and that it is the responsibility of the participant or parent or guardian to make sure the criteria are met. I grant my permission to the county or its agents to transport the participant to and from an event or activity when required and hold harmless those assigned to transport. I also agree to allow transportation of the participant to the nearest physician or hospital for medical treatment and agree to allow for immediate first aid to the injured participant, if and when deemed necessary.

Participant, Parent, Guardian Signature

Print Name

E-mail Address

Date

Culpeper Parks and Recreation, 155 West Davis St., Suite 100 Culpeper, Virginia 22701

Phone: (540) 727-3412

Fax: (540) 727-2802

Website: www.culpepercounty.gov

Culpeper County Parks and Recreation 155 West Davis Street, Suite 100, Culpeper VA 22701

Culpeper County Parks Update

Spilman Park

Spilman Park, located in Jefferson District on Route 621 continues to undergo changes. Since April of 2003, the Criminal Justice Service has teamed with Parks and Recreation to provide residents in that area with a recreational trail system. Community service workers labored feverishly to blaze two trail corridors by removing brush, debris, trash and non-essential trees. The work crew cut fallen timber; then split, stacked and stored it on park property. With a list received from the Human Services Department, they and other volunteers delivered stacks of wood to families and individuals that use wood as their primary heating fuel for the winter months.

The partnership Parks and Recreation fostered with the Criminal Justice Service, proved to be a success in other ways. Community service workers provided the necessary labor to begin trail preparations prior to the main construction phase of the project. With over 900 hours of manpower and equipment provided by the workers, the Parks and Recreation Department was able to save taxpayers approximately \$12,000 dollars in construction costs associated with building the trail corridor.

Both trail systems will be ADA-accessible and located behind the existing park pavilion. The larger of the two trail systems will ribbon through the lower portion of the park and span around 2,200 linear feet. The second trail will provide residents with a lesser distance of about 700 feet and circumvent the existing silo. Each trail system will be interconnecting. The smaller trail will feature a therapeutic garden designed for those with limited senses or disabling conditions. The garden section will make it possible for individuals to reunite with nature and experience the flavor of the natural environment which the park has always had to offer.



Almost the end of the trail at Spilman Park.

Laurel Valley Landfill



Culpeper County property located off Route 522, once used as a common landfill, was considered unusable land. Several years ago the trash pits were covered and closed as the County moved to an improved method of removing solid waste. The County Transfer Station now uses trucks to haul waste to other states for disposal. The ground set aside for landfill purposes stood vacant, until a group of local mountain bike enthusiasts thought otherwise.

Over the past year, members of Culpeper Area Mountain Biking Organization (CAMBO) have been busy organizing and preparing plans to build a single track mountain bike trail on the landfill property. Supported by the International Mountain Biking Association (IMBA), the completed project will feature a sustainable and environmentally sensitive trail system that will avoid any previous disposal cells. The single-track trail will be located primarily around the perimeter of the property and offer not only challenging rides, but the ability to enjoy the natural surroundings. Construction and future maintenance of the trail system will be the mission of CAMBO members and volunteers.

Although the trails are not open to the general public, mountain biking is allowed for those who are CAMBO members, and who will be participating in an official club function. In order to become a club member or just volunteer, contact either Culpeper County Parks and Recreation office at (540) 727-3412 or Eric Robinson at (540) 825-2105 or bikestoperic@yahoo.com.

Culpeper Community Complex

The Community Complex located in Green's Corner Road and Route 29 continues to move forward. The Board of Supervisors approved for County staff to proceed with publicly advertising for invitation of bids. Engineers from the Timmons Group are finalizing bid specifications documents for that purpose. Also, arrangements are being made for the County to apply for a general obligation capital improvement bond to fund the project.

County staff continues to identify and pursue grant opportunities. Presently, staff is preparing to submit a grant application to the US Soccer Foundation for soccer specific needs. Applications are also being prepared for upcoming state grants: these are the Virginia Recreation Trails Fund and the Virginia Outdoors Fund, both administered by the Department of Conservation and Recreation Division of Planning and Recreation Resources.

As the project becomes more of a reality, County youth sports associations will begin fundraisers to assist in providing amenities needed for their specific sport. Culpeper Soccer Association has already taken the lead by donating \$15,000 dollars towards the general construction of the project.

